

Gluten Free Menu - October 2025 - March 2026

		Week One 27/10, 17, 11, 08/12, 09/01, 26/01, 23/02, 16/03	Week Two 03/11, 24/11, 12/01, 02/02, 02/03, 23/03	Week Three 10/11, 01/12, 19/01, 09/03, 30/03
Monday	Option 1	Vegetable Pasta Bake (GF Pasta) 	Mixed Bean Pasta Bake (GF pasta) 	Tomato Pasta (GF Pasta) 
	served with	Mixed Vegetables	Peas & Sweetcorn	Mixed Vegetables
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
	Dessert	Yoghurt & Fruit Compote 	Yoghurt & Fruit Compote 	Yoghurt & Fruit Compote 
Tuesday	Option 1	Mexican Beef	Spicy Chicken	Mexican Beef Pasta (GF) Bake
	Option 2	Vegetable Rice	Sweet Potato & Spinach Dhal 	Carrots & Peas
	served with	Carrots & Green Beans	Savoury Rice Broccoli & Mixed Vegetables	Jacket Potato with *Cheese & Beans 
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	GF Cookie 
Wednesday	Dessert	GF Cake 	GF Cake 	Fruit Jelly or Fresh Fruit 
	Option 1	Roast Chicken & Gravy	Roast Pork & Gravy	GF Sausages & Gravy
	Option 2	Rustic Roasties	Rustic Roasties	Mashed Potato
	served with	Cabbage & Sweetcorn	Swede & Peas	Sweetcorn & Baked Beans
Thursday	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
	Dessert	GF Cookie 	GF Cookie 	Fruit Jelly or Fresh Fruit 
	Option 1	Pork Meatballs (omit stuffing)	Beef Bolognese	Curried Chicken Chunks Vegetable Frittata 
	Option 2	GF Pasta	GF Pasta	Rainbow Rice
Friday	served with	Broccoli & Carrots	Carrots & Sweetcorn	Cauliflower & Peas
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
	Dessert	GF Cake 	GF Cake 	Fruit Jelly or Fresh Fruit 
	Option 1	GF Fish Fingers 	GF Fish Fingers 	GF Fish Fingers 
	Option 2	Skin on Fries	Skin on Fries	Skin on Fries
	served with	Baked Beans & Sweetcorn	Baked Beans & Peas	Peas & Sweetcorn
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
	Dessert	GF Cookie 	GF Cookie 	Fruit Jelly or Fresh Fruit 
 <p>Suitable for Vegetarians</p>		<p>All items are subject to availability</p>		
 <p>Suitable for Vegans & Vegetarians</p>		<p>All Items with * can be made Vegan Friendly</p>		
 <p>Contains Fish</p>		<p>www.wholeschoolmeals.co.uk</p>		
<p>Whole School Meals CIC - Company Number: 5721609 - Registered address: Almond House, Bettishanger Road, Bettishanger, Deal CT14 0EN</p>				